

**SR. CTR. CALENDAR**
**Sep 2016 (Eastern Time)**

Mon	Tue	Wed	Thu	Fri
29	30	31	1	2
			10am - Cindy's exercise 12:30pm - Setback	Reflexology 12:30pm - Bridge 12:30pm - Cromwell Shopping 1pm - Knit/Crochet Group
5	6	7	8	9
Labor Day Holiday	Martha's Vineyard			12:30pm - Bridge 12:30pm - Hebron Harvest 1pm - Knit/Crochet Group
	10am - Cindy's Exercise 12:45pm - BINGO 1pm - Bible Study	10am - Men's Group 10am - Open Art Studio 10am - Sojourn Bears 11am - Women In	10am - Cindy's exercise 12:30pm - Setback 4pm - COA mtg	
12	13	14	15	16
10am - Quilt on Own 12:45pm - Movie Day 1pm - Medicare 101 1:45pm - Y-Yoga	10am - Cindy's Exercise 11am - Book Club 11am - Y-Tone "N Stretch 12:45pm - BINGO 1pm - Bible Study	10am - Men Can and Do Talk 10am - Open Art Studio 10am - Sojourn Bears 11am - Women In 11:30am - Let's Do Lunch... 1:15pm - Art with Karen	10am - Cindy's exercise 11am - Y-Tone "N Stretch 12:30pm - setback	Comicon 9/17 Reflexology 10:30am - Dress Rehearsal 12:30pm - Bridge 1pm - Knit/Crochet Group
19	20	21	22	23
10am - Quilt on Own 10:30am - Blood Pressure 10:30am - Muffins for the 1pm - Medicare Seminar 1:45pm - Y-Yoga	10am - Cindy's Exercise 11am - Y-Tone "N Stretch 12:45pm - Older Adults Have 4:30pm - Tai Chi	8:30am - BIG E Connecticut 10am - Men Can and Do Talk 10am - Open Art Studio 10am - Sojourn Bears 11am - Women In 12:30pm - Belltones12:30-2:	10am - Cindy's exercise w/ 10am - Fall Prevention 11am - Y-Tone "N Stretch 11:15am - Tap Dance 12:30pm - Setback 2pm - Travel Meeting	10:30am - Intergenerational 12:30pm - Bridge 1pm - 4 Fun Band Kevin 1pm - Knit/Crochet Group
26	27	28	29	30
10am - MEDICARE Seminar 10am - Quilt on Own 12pm - Birthday Party- 1:45pm - Y-Yoga	9am - Trip to Greenwood 10am - Cindy's Exercise 11am - Y-Tone "N Stretch 12:45pm - BINGO 1pm - Bible Study 4:30pm - Tai Chi	10am - Men Can and Do Talk 10am - Open Art Studio 10am - Sojourn Bears 11am - Women In 12:30pm - Belltones12:30-2: 1:15pm - Art with Karen	10am - Cindy's exercise with 11am - Y-Tone "N Stretch 11:15am - Tap Dance 12:30pm - Setback	Reflexology 10am - Genealogy 12:30pm - Bridge 1pm - Knit/Crochet Group

**SR. CTR. CALENDAR**
**Oct 2016 (Eastern Time)**

Mon	Tue	Wed	Thu	Fri
26	27	28	29	30
10am - MEDICARE Seminar	9am - Trip to Greenwood	10am - Men Can and Do Talk	10am - Cindy's exercise with	Reflexology
10am - Quilt on Own	10am - Cindy's Exercise	10am - Open Art Studio	11am - Y-Tone "N Stretch	10am - Genealogy
12pm - Birthday Party-	11am - Y-Tone "N Stretch	10am - Sojourn Bears	11:15am - Tap Dance	12:30pm - Bridge
1:45pm - Y-Yoga	12:45pm - BINGO	11am - Women In	12:30pm - Setback	1pm - Knit/Crochet Group
	1pm - Bible Study	12:30pm - Belltones12:30-2:		
3	4	5	6	7
Diabetes Awareness month	10am - Cindy's Exercise	10am - Men Can and Do Talk	10am - Cindy's exercise	Reflexology
10am - Quilt on Own	11am - Y-Tone "N Stretch	10am - Open Art Studio	11am - Y-Tone "N Stretch	10:30am - Generational
10:30am - Blood Pressure	12:45pm - BINGO	10am - Sojourn Bears	11:15am - Tap Dance	12:30pm - Bridge
12:45pm - Senior Club	1pm - Bible Study	11am - Women In	12:30pm - Setback	12:30pm - Cromwell Shopping
1:45pm - Y-Yoga	4:30pm - Tai Chi	12:30pm - Belltones12:30-2:		1pm - Knit/Crochet Group
10	11	12	13	14
CLOSED Columbus Day.	10am - Cindy's Exercise	10am - Men Can and Do Talk	10am - Cindy's exercise	October 15 Open Enrollment
	11am - Book Club	10am - Open Art Studio	11am - Y-Tone "N Stretch	Spizzwinks @ Portland Rehab
	11am - Y-Tone "N Stretch	10am - Sojourn Bears	11:15am - Tap Dance	10:30am - Generational
	12:45pm - BINGO	11am - Women In	12:30pm - Setback	12:30pm - Bridge
	1pm - Bible Study	12:30pm - Belltones12:30-2:	4pm - COA mtg	1pm - Knit/Crochet Group
17	18	19	20	21
Sunday 10/16 2pm Pirates of	10am - Cindy's Exercise	10am - Men Can and Do Talk	10am - Cindy's exercise	Reflexology
10am - Quilt on Own	11am - Connecticare	10am - Open Art Studio	11am - Y-Tone "N Stretch	10:30am - Generational
10:30am - Blood Pressure	11am - Let's do Lunch "On	10am - Sojourn Bears	11:15am - Tap Dance	12:30pm - Bridge
10:30am - Brain	11am - Y-Tone "N Stretch	11am - Women In	12:30pm - Setback	1pm - Knit/Crochet Group
12:30pm - MEDICARE	12:45pm - BINGO	12:30pm - Belltones12:30-2:		
1:45pm - Y-Yoga	1pm - Bible Study	1:15pm - Art with Karen		
24	25	26	27	28
10am - Quilt on Own	10am - Cindy's Exercise	9:30am - Mystery Trip and	10am - Cindy's exercise	10am - Genealogy
12:45pm - Movie Day	11am - Y-Tone "N Stretch	10am - Men Can and Do Talk	11am - Y-Tone "N Stretch	10:30am - Generational
1:45pm - Y-Yoga	12:45pm - BINGO	10am - Open Art Studio	11:15am - Tap Dance	12:30pm - Bridge
	1pm - Bible Study	10am - Sojourn Bears	12:30pm - Setback	1pm - Knit/Crochet Group
	4:30pm - Tai Chi	11am - Women In	1pm - Travel Meeting	
31	1	2	3	4
10am - Quilt on Own				
12pm - October Birthday				
1:15pm - Halloween Hop				